

Parkside Elementary

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

★5	Macaroni and Cheese 312 cal
	Turkey & Beef Pepperoni Stuffed Sandwich 301 cal
	Hummus with Savory Herb Crackers 402 cal
	Wild White Nacho Dorito Chips 130 cal
	Sweet Potato Crinkle Cut Fries 169 cal
	Black Beans 85 cal
	Mixed Fruit Cup 80 cal

★6	Arroz con Pollo 312 cal
	Latin Style Black Beans w/ Brown Rice 85 cal
	Salad, Sliced Turkey & Cheese 217 cal
	Soft Tortilla 91 cal
	Brown Rice 111 cal
	Savory Herb Crackers 90 cal
	Street Corn 138 cal
	Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
	Frozen Rips 60 cal
	Strawberry Kiwi 53 cal
	Steamed Corn

★7	Boneless Chicken Wings 215 cal
	Parfait, Strawberry w/Cheese Stick 319 cal
	Plant-Based Fiesta Salad w/ Hummus 302 cal
	Mini Waffles 89 cal
	Savory Herb Crackers 90 cal
	Tater Tots 116 cal
	Steamed California Blend Vegetables 71 cal
	Fresh Apples 68 cal
	Fresh Sliced Orange 33 cal

★8	No menu published
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★9	No menu published
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★12	No menu published
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★13	Chicken Popcorn 255 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Fresh Mini Sweet Peppers 13 cal
	Fresh Sliced Cucumbers 17 cal
	Potato Smiles 130 cal
	Pineapple Wedges, Individually Wrapped 50 cal

★14	Breaded Chicken Drumstick 442 cal
	Honey BBQ Rib on Bun 351 cal
	Plant-Based Fiesta Salad w/ Hummus 302 cal
	Hawaiian Roll 129 cal
	Savory Herb Crackers 90 cal
	Farm Fresh Corn Cobettes 97 cal
	Steamed Spinach 96 cal
	Fresh Apple Slices 29 cal
	Fresh Sliced Orange 33 cal

★15	Cheese Tortellini 199 cal
	Meat Sauce 106 cal
	Salad, Caesar 175 cal
	Plant-Based Fiesta Wrap w/ Hummus 377 cal
	Munchies Munch Mix Snack Mix 110 cal
	Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
	Steamed California Blend Vegetables 71 cal
	Fresh Apple Slices 29 cal
	Vegan, Chik'n Nuggets 224 cal
	Fresh Banana (Ripe) 81 cal

★16	Pizza Crunchers 436 cal
	Beef Hot Dog on Bun 308 cal
	Vegan, Chik'n Nuggets w/ Crackers 396 cal
	Baked Beans 150 cal
	Fruit Blend Juice 90 cal

★19	Chicken, Tangerine 210 cal
	Turkey Ham & Cheese Melt 306 cal
	Vegan, Chik'n Nuggets w/ Crackers 396 cal
	Woolies Noodles 138 cal
	Sweet Potato Wedges 153 cal
	Mixed Vegetables 30 cal
	Peach Cup 70 cal

★20	Beef & Cheese Taco Crisp 360 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Vegetable, Pepper & Onion Fajita Blend 44 cal
	Black Beans 85 cal
	Strawberry Applesauce Cup 70 cal
	Applesauce Cup 50 cal

★21	Breaded Chicken Fillet on Bun 344 cal
	Yogurt w/ Cheese & Crackers 387 cal
	Vegan Salad, w/ Garbanzo Beans 324 cal
	Savory Herb Crackers 90 cal
	Potato Wedges 144 cal
	Steamed Broccoli 49 cal
	Fresh Apples 68 cal
	Milk 110 cal
	Vegan, Chik'n Nuggets 224 cal
	Fresh Sliced Orange 33 cal

★22	Beef A Roni 182 cal
	Grilled Cheese 284 cal
	Vegan, Chik'n Nuggets w/ Crackers 396 cal
	Garlic Breadsticks 110 cal
	Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
	Triple Berry Blast Veggie Edge 60 cal
	Fresh Apple Slices 29 cal
	Milk 110 cal
	Carrot Juice 60 cal
	Fresh Banana (Ripe) 81 cal

★23	Pull Apart Cheesy Beef Pepperoni Breadsticks 271 cal
	Fish Patty on Bun 319 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Fresh Sliced Cucumbers 11 cal
	Sweet Potato Crinkle Cut Fries 169 cal
	Fruit Blend Juice 90 cal
	Milk 110 cal

★26	Chicken Teriyaki 245 cal
	Vegan, Chik'n Nuggets 280 cal
	Korean BBQ Shredded Chicken on Bun 341 cal
	Vegetable Egg Roll 140 cal
	Lo Mein 133 cal
	Roasted Farm Fresh Green Beans 40 cal
	Mixed Vegetables 30 cal
	Frozen Whole Fruit Cup 77 cal
	Milk 110 cal

★27	Mexican Pizza 351 cal
	Breaded Mozzarella Cheese Sticks 390 cal
	Latin Style Black Beans w/ Brown Rice 85 cal
	Brown Rice 111 cal
	Sweet Potato Wedges 153 cal
	Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
	Applesauce Cup 50 cal
	Milk 110 cal
	Steamed California Blend Vegetables 35 cal

★28	Cheeseburger on Bun 404 cal
	Baked CornDog 243 cal
	Vegan Salad, w/ Garbanzo Beans 324 cal
	Savory Herb Crackers 90 cal
	Potato, Cajun Seasoned French Fries 104 cal
	Baked Beans 150 cal
	Strawberry Applesauce Cup 70 cal
	Seasoned French Fries 61 cal
	Fresh Sliced Orange 33 cal

★29	Chicken Parmesan over Penne Pasta 388 cal
	Chicken Caesar Wrap 216 cal
	Hummus with Savory Herb Crackers 402 cal
	Fresh Baby Carrots, Snack Pack 23 cal
	Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
	Smooth-Frozen SideKicks Theme Celebrations 75 cal
	Fresh Apple Slices 29 cal
	Vegan, Chik'n Nuggets 224 cal
	Steamed Carrots 31 cal
	Fresh Banana (Ripe) 81 cal

★30	Garlic Cheese Pizza 370 cal
	Yogurt w/ Cheese & Crackers 387 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Steamed California Blend Vegetables 71 cal
	Steamed Broccoli 49 cal
	Fruit Blend Juice 90 cal

Served every day
White Milk